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Thursday, January 3, 1985



This isn't like any other job

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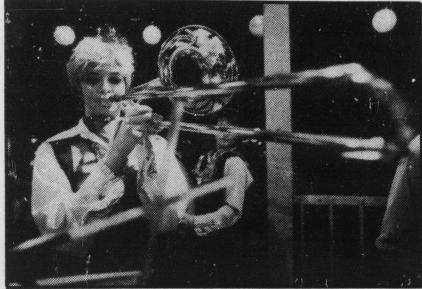
It beats walking

Page 10



Strike up the band





Musicians smitten with the idea of performing any time during the year now have an outlet — the Sound Machine of the Inland Empire.

Dave Schaafsma started the Upland-based group almost one year ago because no organized musical activities were available all year for 13-to-21-year-olds.

"The group was formed to allow those kids who want to be involved in music beyond their school activities to have something to do," Schaafsma said. "It also allows young people to keep up with their music even after grad ation."

The group currently has 30 to 35 members. Schaafsma said his goal is to recruit more people. One day, he said, he would like to see the group have 100 members and flag and drill teams.

Schaafsma attended Cal Poly at San Luis
Opispo, studying biology. He later transfered to
Long Beach State and joined the Long Beach youth
band, which has won 28 consecutive California
youth band competitions.

He now works in his father's diesel repair shop in Chino.

Ron Barbee, the band's associate director, also

was with the Long Beach State group.

"Being with the Sound Machine is probably the best way for me to get into music," said Barbee, who works for Beckman Instruments in Brea.

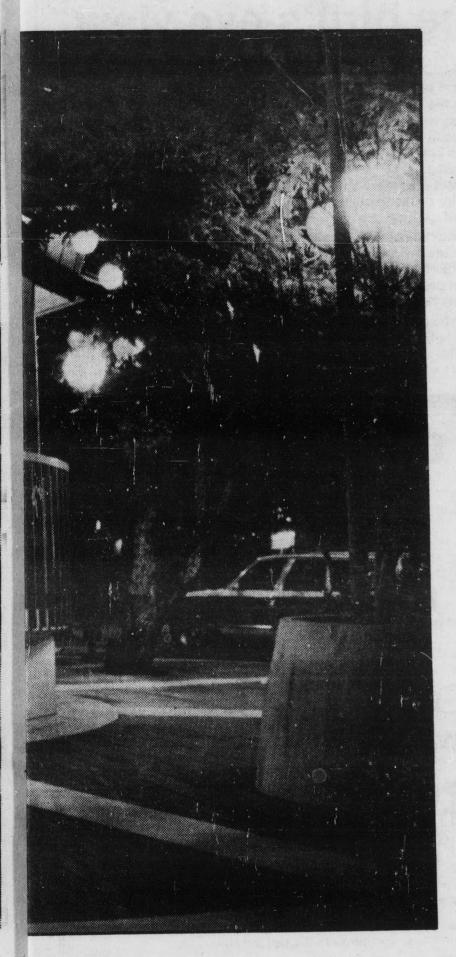
Schaafsma and Barbee are not paid. Each band member pays a \$12 per month fee, but the money is used to purchase instruments and to pay for the cost of meeting at Upland High School. The Chaffey Joint Union High School District charges the group \$45 to use its chorus room.

"We have just a super bunch of kids in the Sound Machine. They really want to be involved," he said.

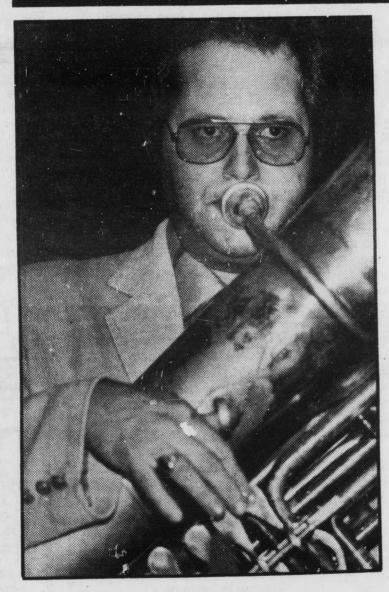
Although rehearsals are part of the band's schedule, the group doesn't spend hours each week practicing as most school bands. Instead the Sound Machine practices once of twice per week.

He said he wanted the program to be less structured than those in school. "Here the kids don't have to worry about grades. We get the kids who want to be here."

Youth from Upland, Rancho Cucamonga, Alta Loma, Chino and Ontario have joined the band, which is a member of the Pacific Coast Youth Band



"Sound Machine"



Story by Suzanne Sproul Photos by Deanne Edwards

Tracy King, 18, dazzles the crowd with her trombone (lower left and on the cover). The Sound Machine of the Inland Empire performs throughout the West Valley but most recently at the kiosk in downtown Upland (left). Dave Schaafsma (top right) not only directs the band but he also likes to pick up his tuba and play. Ron Barbee (lower right) makes sure everyone is ready before giving the downbeat so the band can begin

Association.

"When my partner and I started the band we started from scratch. We just talked to the local schools' band directors and we had an open house last February introducing the band," Schaasfma said.

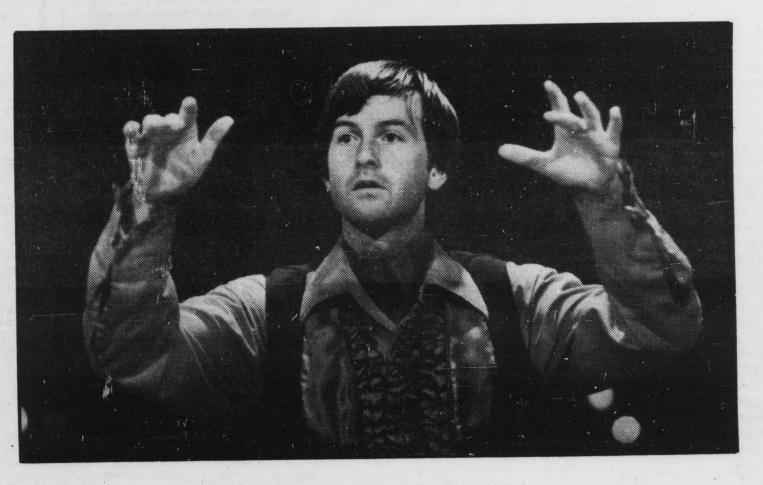
The band has performed in 14 Southern California parades, three field exhibitions and two field show competitions. The group's most recent appearances were in the East Los Angeles Christmas parade and the Southgate Christmas parade.

The Sound Machine also played Christmas carols last week at the kiosk in downtown Upland, despite temperatures in the 30s.

Bandsmen will be learning all new music and marching routines during January and February.

"We hope to have 60 to 70 band members by this summer and 100 in the next two years. We're also working to get a color guard director and we have a good prospect," he said.

Barbee said the community is just finding out about the band. "We hope we can do more concerts or parades for the community. We want to thank it for its help."





Velma Urbish spends her workdays behind the steering wheel of a bus. Urbish, an Upland resident, has been driving a bus for Omnitrans for the past eight years.

Driver likes the bird's-eye view

By Josie Garza

Five days a week, Velma Urbish of Upland spends eight hours a day behind the steering wheel of a bus.

Urbish, a mother of seven children now grown, has been driving a bus for the past 14 years. After six years with various school districts, Urbish switched to Omnitrans.

Why the change?

"I guess, I wanted to go bigger," said Urbish. "It's a lot better on these (buses) than it is on a school bus."

Urbish has driven a variety

of routes with Omnitrans, but she has spent the past year driving the Pomona Freeway, between the Indian Hills Mall in Pomona and Chaffey College in Rancho Cucamonga.

"Sometimes there's no place (for passengers) to sit," she said.

During the past two weeks, Urbish has had fewer passengers since most of her student passengers are on winter vacation.

Urbish said she didn't decide to become a bus driver until after her divorce. "As long as I was married, I never

dreamed of being a bus driver. I always liked to drive though," remembered Urbish.

Sometimes the adjustment from driving a bus to a car can be difficult, she said. "I can't see as well in a car. When I'm up here I can see everything."

People wanting to be bus drivers need to be flexible, Urbish said. "We have to be driving at all times."

And for that reason, Urbish brings a protein drink for lunch. She drinks it during a five-minute break between runs.

Nevertheless, Urbish enjoys her job. "Transportation isn't like any other job." □

Epilepsy can be controlled with the proper drugs, diet, researcher says

By Leigh Fenly Copley News Service

Since the development of anticonvulsant drugs, epilepsy has become not only a controllable disease of childhood, but also a curable one. In the last decade a range of drugs has been developed that effectively controls seizures for 80 percent of epileptics.

It is now believed that if seizures are controlled long enough, drugs can be discontinued without the reappearance of seizures.

There are also now new breakthroughs for the 20 percent of epileptics for whom drugs don't work. New treatments for adults and children such as special diets, hormone injections and surgery are helping previously untreatable epileptics control their seizures. Many of these patients will likewise be cured of epilepsy.

Dr. Doris Trauner, chief of pediatric neurology at the University of California at San Diego Medical Center, likens epilepsy — most often the result of an abnormal electrical discharge focused on one area in the brain — as something like a mosquito bite.

"If you scratch a mosquito bite the skin becomes more irritated and the affected area actually grows," she explains. "In the same way, the more seizures you have, the bigger the seizure focus becomes. But without seizures, the epileptic focus gradually shrinks until it goes away and is no longer able to cause seizures."

With this understood, it becomes clear why seizure control is so important. Not only are seizures potentially dangerous (epileptics have drowned in the bathtub during seizures), but also, by limiting seizures, the brain has a chance to heal. Trauner says that epileptic children who have been treated with anti-convulsants and who have remained seizure free for two to four years can often be removed from the drugs and never have seizures again.

"In the last 10 years with the new drugs it has become feasible to talk about cure," says Trauner.

Now freedom from epilepsy is also possible for those epileptics for whom drugs are not the answer.

Trauner recently completed a research project based on a high-fat/low-carbohydrate diet, designed especially for epileptics whose seizures cannot be controlled with medication. Called the Medium Chain Triglyceride diet, it is based on controlling carbohydrates in the diet.

It is known that fats called triglycerides break down in the body after digestion into substances known as ketones. Ketones are thought to act in the body as anti-convulsants. Carbohydrates are controlled because they are thought to contribute to seizure activity.

The MCT diet is a variation of a weight-loss diet. In fact, the relationship between ketones and seizures was first recognized more than 60 years ago when it was observed that epileptics who fasted had fewer seizures. In 1921 a ketogenic diet was introduced as treatment for petit mal seizures — a less severe type that involves loss of consciousness but not convulsions. But it required that 80 percent of all calories come from fat. "People on a ketogenic diet had to eat globs of butter and cream all day. It was so disgusting no one would stay on it," explains Trauner.

In 1971 a pediatric neurologist at the University of Chicago observed that middle-chain

triglycerides were a much better source of ketones than normal dietary fat. A more palatable diet was created around a special MCT oil made from coconut oil and other oils. Epileptics on the MCT diet can eat unlimited amounts of protein, a small amount of fruits and vegetables, an even tinier amount of starch and absolutely no sugar.

Trauner's research has shown that more than 50 percent of those who abide by the diet have total seizure control or marked improvement (while taking no drugs). Results are often visible within the first two weeks.

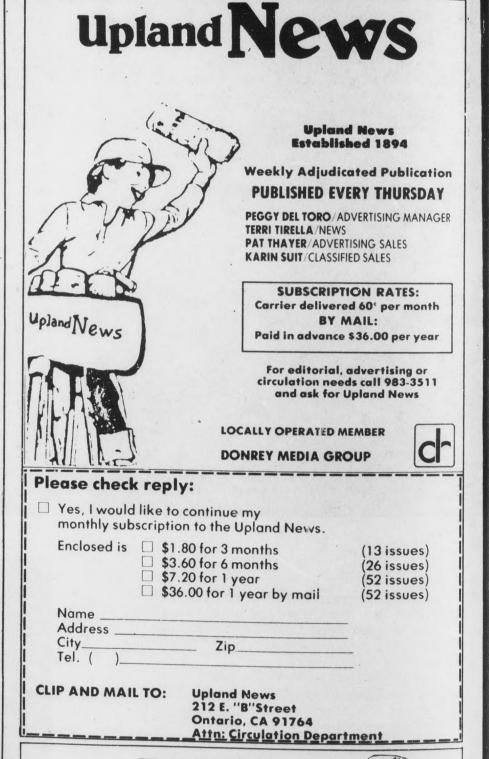
One of Trauner's patients came to her with a six-year history of daily seizures. He was taking five seizure medications with no relief. But after starting the diet he never had another seizure. Now, seven years later, he is able to eat a normal diet.

Trauner is extremely encouraged by the results from the diet. However, she does not recommend it to epileptics for whom drugs are effective. For the study, Trauner's group provided families with recipes using artificial sweeteners to bridge the sugarless gap. But even with these, the diet is difficult for children.

"Actually the whole family has to change its way of eating, because it simply isn't fair for other members of the family to be eating cookies when the child can't have any."

And in the beginning it allows no room for deviation. "I've known kids (on the diet) to go to a party and have a glass of punch and then seizure all over the place."

After two years on MCT, Trauner gradually allows sugar to be added to the diet, until the point where a normal diet can be adopted.



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By Josie Garza

Of the dozen male students at Alta Loma High School subjecting themselves to the rigors of the Mr. Alta Loma beauty contest, Andrew Greer came out ahead of the pack.

Greer, a senior, took home a \$100 cash prize, a plaque, a certificate for dinner for two from Vince's Spaghetti along with the title of Mr. Alta Loma.

By winning the contest sponsored this year by the school's S Club he also made local history. He became the

Mr. Alta Loma shows his student body

first black contestant to win the annual competition.

And it wasn't easy. Greer and 11 other contestants had to endure intense scrutiny from judges on their legs, modeling and answers to embarrassing questions.

In addition to modeling sportswear outfits, contestants also had to model a Chippendales-type outfit featuring a bow tie, cuffs and

levis without a shirt.

Persons attending the contest earlier this month in the Alta Loma High School auditorium also got a special treat initiated by the contestants.

While the Alta Loma High School chamber singers sang in their part of the program, all 12 contestants came out on stage and did a striptease act of sorts, stripping down to their athletic shorts.

"They weren't suppose to do that but it was funny,' laughed Lorraine Robison, one of the coordinators of the

In addition to competing in four events, contestants also had to survive the public slide show screening of their baby

Contestant Rob Fino who later ended up winning in the special "best personality" category probably was asked

the most embarrassing question.

Winners in other categories of the contest included Jeff Garrett, first runner-up; Toby Junkunc, second runner-up; David Gonzalez, most photogenic and Scott Hurst, best lips.

For winning first runner-up, Garrett won a \$50 prize and Junkunc took home a \$25

Gonzalez, Hurst and Fino took home plagues noting their wins in special categories of the contest.

Group helps victims uncover the nightmare of incestuous childhood

By Jo Tubb Copley News Service

LOS ANGELES — For Emily, the memories were triggered one night eight years ago when she was 47. She was floating on the edge of sleep as her husband approached their bed, his towering frame silhouetted by the light behind him.

Suddenly, the sight of the familiar figure sent Emily into a panic. She screamed. The usually calm woman became so inexplicably hysterical that the incident haunted her for weeks.

It wasn't until a few months later that she understood what it all meant. In the midst of a therapy session aimed at unraveling the mystery, a picture flashed first in her head, then in her gut: It was 1932 and she was 5 years old. A man was approaching her bed. He was attempting to rape her.

The man was her father.

. . .

For Patrick, a handsome, 25year-old with dark hair and beard, the memories began to surface only recently. Through hypnosis, he had sought the source of his violent anger and the reason for a 12-year blank in his life. He couldn't remember anything about the years between ages 3

When he finally did remember, he was horrified: He recalled himself as a toddler being led down a staircase by an older man, a doctor. They entered the room where the doctor practiced surgery. The doctor tied Patrick to his operating table and swung a pair of blinding lights over him. Then he began mixing sex with

The doctor was Patrick's grandfather.

Emily and Patrick are typical of hundreds of thousands probably millions - of adults who, as children, were traumatized by incest, an act so insidious and so unspeakable that it often causes victims to block out entire periods of their

But Emily and Patrick don't consider themselves just

victims; they consider themselves survivors. And today they are working with other survivors to understand and overcome the effects of the private hells they have endured.

Two years ago, Emily started Incest Survivors Anonymous (ISA) a self-help group that works much like Alcoholics Anonymous. Since then, more than 300 survivors have gathered in North Long Beach to talk about their ordeals - often for the first time - and to draw strength and encouragement from one another.

For most of them, ISA has provided the first instance of acceptance, not only of themselves but of their repugnant, sometimes bizarre, stories.

"The first two therapists I told didn't believe me," says Patrick. The three other survivors with him nod knowingly.

Indeed, to the listener armed with all the proper sensibilities, their stories are made of stuff too bad to be true. But as they tell them - sometimes haltingly, sometimes with a sigh of relief - it becomes clear that they are not based on fantasy.

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Their base is common tragedy.

Elaine, 57, talks about having had two pregnancies — from which resulted an abortion and a child — by the time she was 16. The father was her own father.

"I almost died from the abortion at the age of 12," she says. "It was done in a woodshed with a midwife. That was 1937, and we didn't have penicillin back then."

Her parents told her that the healthy baby she delivered had

Jennifer, 34, remembers her father fondling her when she was 5. By the time she was 7, he'd introduced her to oral sex and attempted anal intercourse. That was the year she began thinking about suicide.

When she was 9, her father raped her so violently that she thought she'd never stop bleeding.

There are stories, too, about telephone wires and knitting needles and sundry other articles used to torture tiny bodies. And there are the stories that can't be told yet because the memories haven't yet surfaced.

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(Continued on page 7)

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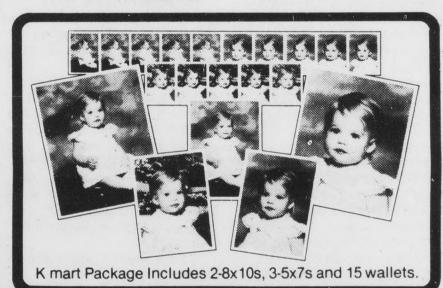


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Fighting fires just runs in the family

By Josie Garza

Esther Billings of Rancho Cucamonga says in the 32 years that her husband, Eugene, worked fighting fires, she never really thought he wouldn't return

"I never really did. I never really borrowed trouble ... when you sit and worry about something, I think you're borrowing trouble,"said Esther,

In 1970, Eugene Billings, now 64, became the first fire chief of the Alta Loma Fire Department which later consolidated with the Cucamonga Fire Department, resulting in the formation of the Foothill Fire

Esther said she kept abreast of her husband's activities while he was out on duty by listening to the short wave radio they had in their home.

"The only time he was in serious danger was when a eucalyptus tree came down on his fire truck," she remembered.

"It was a close call," said Eugene, who retired from the fire department in 1978. "I was in the cab of the truck when I had a big eucalyptus tree fall on the back of the truck.'

Eugene and his son, Rick, were out at a site of a fire south of the Southern Pacific railroad tracks on Hermosa Avenue when the incident occurred.

"He (Rick) was out on the street and I was making a radio call and the tree crushed the back part of the pick-up truck," remembered Eugene.

"When my son came home he said, 'Gosh, Mom, God was with Dad' that night," she said.

Eugene said he volunteered to serve in the fire department in 1946 when he came home after serving in World War II.

The Billings had married two years earlier when Eugene came home on leave after serving in China. They were wed in what now is the Rancho Cucamonga Methodist Church.

Eugene said it was a natural thing for him to volunteer to serve in the fire department when he returned from his military service.

He said he sort of grew up with the fire department since his father took him on fire calls. Gordon Billings was among those involved in starting the Alta Loma Fire Department in 1922.

And like his father, Eugene also continued to work in the family's G.A. Billings General Store on Amethyst Street. Once settled, Eugene and Esther started a family. Today, the Brass Saloon Antique Shop at 7147 Amethyst Street occupies the former store site.

Eugene and Esther Billings live in the same home where they reared their five children,

Lyn, Rosalie, Rick, Robin and Carol. The Billings bought the house located up the street from the family's general store more than 38 years ago.

Throughout much of her husband's firefighting years, Esther chose to keep busy with Girl Scouting and the Emergency Food Services group. Today, she is president of the group that provides food to the needy yeararound and receives assistance from her husband.

After running the store with Eugene's mother, Hazel, after his father's death, they closed the family store and sold its building in 1970.

Eugene then took on the challenge of being the first fire chief of the Alta Loma Fire Department and subsequently the Foothill Fire District. He held the position for eight years.

A few months after Eugene became fire chief, there was a major fire in the San Gabriel Mountains. The Meyers Fire, as it now is known, required more than 26 hours of firefighting, according to Eugene.

Esther and several other women in the community helped the firefighters by preparing their meals out at the site of the

While serving as fire chief, Eugene hired the first female employee of the fire department. He hired a woman fire inspector.

What does Eugene think about women becoming firefighters? "Well, if they're able to do the job and have the qualifications, I think they should be given the opportunity as well as anyone else," he said.

"I can't imagine why a woman



Photo by Kathy Frey

Esther and Eugene Billings of Rancho Cucamonga sit with their grandson, Kyle. The Billings have long been involved in various activities in the city. Eugene was the first fire chief of what is now the Foothill Fire District. Esther is president of the Emergency Food group.

would want to be a firefighter but it would be alright with me. I never wanted to fight fires," said Esther.

Following in his father's footsteps is Rick Billings.

While some couples may develop marital problems as a result of years of coming and going off to various community activities, Eugene and Esther said they never experienced that.

"It takes cooperation. You make it work," explained Esther.

"I tell them (people in the Emergency Food Services group) that my family is my top priority.

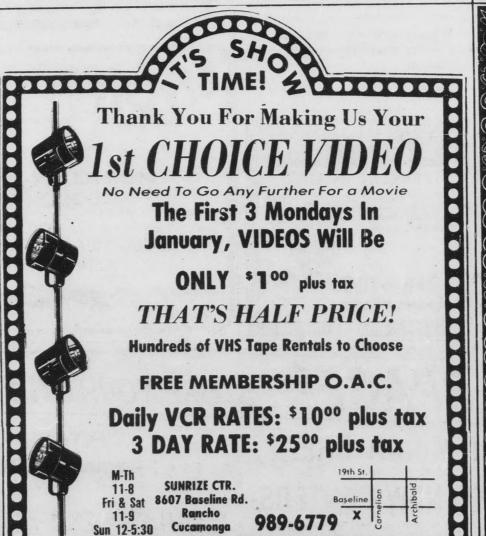
The rest (the different activities they both are still involved in) fits in around that," she said.



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Group helps incest victims

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"The remembering is something that doesn't happen all at once; it comes in pieces," Emily says. "Sometimes it comes with a pain or a physical problem and you discover the problem is related to abuse that happened when you were a child."

It is vital that survivors remember the abuse, she stresses, because that is the only way they can deal with it and with its devastating results.

Some of the results are physical. Emily's leg and hip are permanently damaged from her father's early abuse and Patrick suffered two damaged discs by the time he was 4.

A great deal more of the damage, however, is emotional. Following incest, buried as it is, healthy sexual relationships are a long shot. Personal relationships of any kind are difficult. Trust is virtually unknown. Addiction to alcohol and drugs is widespread and fear is universal.

"Everything I did in my life was based on fear," says Patrick, who ran away from home when he was 17, two years after his grandfather's death. "I couldn't relate to people at all; they terrified me. I was terrified of taking a bath, terrified of hospitals and dentists. I was terrified of getting a job, then got a job because I was terrified of starving. Fear was my only motivation."

Like so many survivors, Patrick became an alcoholic.

"By the time I was 15 I started drinking and using (drugs)," says Jennifer. "I became an addict. I just couldn't deal with stress."

Emily, too, became addicted to legal drugs and alcohol. Her two marriages failed.

"And there was a pattern," she says. "I couldn't complete anything. If I was ever doing anything good, I had to screw it up. It always had to have pain in it, always had to have rejection

Adds Elaine, "I lived in such fear of my life that it's a wonder I wasn't institutionalized ... and I didn't know why."

While the survivors now have answered that why, they still haven't solved another one. They don't know why incest occurs.

It seems to have nothing to do with economic or social status. Patrick's grandfather was a pillar of the community, a wealthy and respected surgeon. Yet, he didn't hesitate to molest his grandson. Both of Emily's parents were college educated and widely admired - and both of them abused her sexually.

What the survivors suspect, based solely on their own experience, is that the tendency to commit incest is somehow genetic - or contagious. Over the past eight years, Emily has (Continued on page 12)

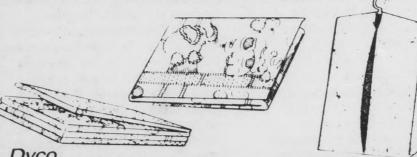


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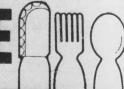
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ENTERTAINMENT& DINING GUIDE



ENTERTAINMENT

EVENING WITH MAYNARD FERGUSON — Chaffey High School Tiger Band presents this jazz concert Monday, Jan. 21 at 8 p.m. in the Gardiner W. Spring Auditorium, 1245 N. Euclid Ave., Ontario. Tickets are \$10 and \$12 and will help financially support the Chaffey High School Tiger Band. 982-5619.

"FIDDLER ON THE ROOF" — The Music Hall, 120 E. Lemon Ave., Monrovia, every Friday, Saturday and Sunday through Feb. 2.

"HANSEL AND GRETEL" — Los Altos Library, 5614 Brittain Drive, Long Beach; 11 a.m. Jan. 12. (213) 596-7370. Also at the Bay Shore Library, 195 Bay Shore Ave., Long Beach at 1 p.m. (213) 438-3501. Puppet show presented by the Junior League. Free.

"BILOXI BLUES" — Matthew Broderick stars in the Neil Simon play at the Ahmanson Theater of the Los Angeles Music Center through Feb. 2. Call (213) 972-7654 or Charge-Line (213) 688-7380.

"THE HANDS OF ITS ENEMY"

— Huntington Hartford Theater in Hollywood, through Jan. 20. Performances Tonight-Saturday

8 p.m., Sunday at 7:30 p.m. with matinee Sunday at 2:30 p.m. Dec. 27 and Thursday, Jan. 3 at 2:30 p.m. Ticket prices are \$22 and \$15 except Saturday when they are \$25 and \$18. The theater is located at 1615 N. Vine St. Hollywood. (213) 972-7654 or (213) 462-6666.

"CATS" — A musical by Andrew Lloyd Webber based on "Old Possum's Book of Practical Cats' by T.S. Eliot opens Monday, Jan. 7 at the Shubert Theater, 2020 Avenue of the Stars, Los Angeles. Performances Tuesday-Saturday at 8:30 p.m. and Sunday evenings at 7:30 p.m., Saturday and Sunday matinees at 2:30 p.m. Seats at box office, by mail and at Ticketron. Call Telecharge 1-800-762-7666 or 1-800-472-2272. For information call (213) 553-9000.

BALLET PACIFICA — Two series offered: a concert series at Laguna Moulton Playhouse and a children's series at the Festival Forum Theater. For best seating, patrons are urged to sign up right away. Laguna Moulton Playhouse schedule is as follows: "Fantacia," "La Fille Mal Gardee" and a Ballet Pacifica premiere Feb. 16-17; "The Gift To Be Simple,

"Graduation Ball" and another Ballet Pacifica premiere, April 13-14; "Coppelia," June 15-16. The children's series includes: Jan. 26-27, "Snow White and the Seven Dwarfs" and "The Enchanted Toyshop"; March 9-10, "Tubby the Tuba" and "Carnival Tutu" and "Carnival of the Animals"; May 18-19, "Flitters and Creepers" and "Festival of Nations." 494-7271.

SAN GABRIEL VALLEY JUNIOR PROGRAMS - Presented at the Robert D. Haugh Performing Arts Center at Citrus College. Programs for elementary schoolchildren and preschool children accompanied by an adult include: "Kids Writes Live" Saturday, Jan. 19 at 2 p.m.; "The Pale Pink Dragon" Saturday, Feb. 23, 1985; "Letters To Harriett Tubman" Saturday, March 16 and closes with "Theater of Illusion" Saturday, April 27 at 2 p.m. Season tickets are \$9 children and \$12 adults. Shows are approximately 1 hour. (213) 271-6402.

"HORROR HIGH" — Wightman Theaters, 325 Golden Shore, (East wing of Recreation Dept., across from Long Beach Catalina Terminals.) Wacky comedy spoof of psycho terror films. Produced by Genesis Theater Company. 8 p.m. through Jan 26. \$5. (213) 436-3105.

L.A. FAIRGROUNDS - Dealer's Recreational Vehicle Show will be held at the Los Angeles County Fairgrounds in Pomona through Jan. 6. The show will be held in the White Ave., parking lot and is open 10 a.m.-5 p.m. with free admission. Parking is \$1.50. George Cross returns with an Antique Auto, Corvette and Porsche Swap Meet Jan. 6 in the Main Lot. Admission is \$3.50. Hours are 5 a.m.-3 p.m. The Rio Hondo Dog Show featuring 2,500 dogs will be held Jan. 25-26 from 8 a.m.-8 p.m. Free admission, parking is \$2. 623-3111.

OUTDOOR SHOW — The 20th anniversary edition of the Anaheim Sports, Vacation and RV show will be held Saturday, Jan. 5 through Sunday, Jan. 13 at the Anaheim Convention Center, 800 W. Katella, across from Disneyland. Hours are Saturday, noon-10 p.m. and Sunday noon-7 p.m. and Monday-Friday, 2-10 p.m. 999-8900.

CHAPLIN FILMS — Thursday, Jan. 10 at 7:30 p.m. the Workman and Temple Homestead will feature actor Charlie Chaplin in his 1925 silent film classic, "The Gold Rush." The film will be preceded by "Chapliniana," an interesting compilation of rare Chaplin footage, including numerous off-screen shots with such celebrities as Douglas Fairbanks, Winston Churchhill and William Randolph Hearst. Doors open 7 p.m. Admission is \$2.50 and children under 12 free. Tickets may be purchased at the door. The Homestead is located at 15415 E. Don Julian Road, City of Industry. (818) 968-8492.

OLYMPIC GYMNASTICS AT FORUM — The United States Gymnastics team, will continue its gold medal celebration when the Vidal Sassoon Looking Good Tour comes to The Forum, Feb. 3 at 1 p.m. The show will feature the entire United States men's, women's and rhythmic Olympic gymnastics teams. The gymnasts will give a performance choreographed by the United States Gymnastics Federation to reenact the most thrilling moments of the Olympic Games. Tickets are now on sale at the Forum Box Office and all TicketMaster locations, including May Co., Music Plus and Sportmart Stores. For more information, call (213) 673-1300. For tickets information, call (213)

480-3232 or 740-2000.

MUSEUM OF HISTORY AND ART — Showing in the Museum of History and Art, Ontario, are three exhibitions: "Golden Age of Navajo Weaving-revised," "GE Hotpoint Permanent Exhibition". In Gallery Two, "100 years of Fashion - Crinoline to Crinoline" through March of 1985. The gallery is located at 225 S. Euclid Ave., Ontario. Gallery hours are Thursday-Saturday, 1-5 p.m. and Sunday, 2-4 p.m. The Barbara Line collection of dolls is being featured throughout the holidays in a special display in the History Wing. The collection of small dolls from around the world is displayed along with a Christmas tree in the entry of the History Wing. 983-3198.

CHAFFEY COMMUNITIES

R. H. BREKKY'S

OPEN FOR LUNCH & DINNER
TUESDAY thru SUNDAY
Seafood
Ribs &
Chicken
987-0488
19th & Carnelian
Von's Center

American Express

CULTURAL MUSEUM — The museum, at 525 W. 18th St., Upland, is open Wednesday, Thursday and Saturday from 1-4 p.m. For more information, call 981-5098.

MARCH AIR FORCE MUSEUM

— 33 vintage aircraft from WWI
through present on display.
Hours: 10 a.m.-2 p.m. MondayFriday and noon-4 p.m. SaturdaySunday. Passes available at main
gate off of Interstate 15E, east of
Riverside.

L.A. MUSEUM — An exhibition of 150 Japanese netsuke selected from the renowned collection of Raymond Bushell will be on view through June 1985 at the Los Angeles County Museum of Art, 5905 Wilshire Blvd., Los Angeles. (213) 857-6111.

L.A. COUNTY MUSEUM OF ART

— A diverse program of lectures, films and a dance performance in conjunction with its fall exhibition, "Auspicious Spirits: Korean Folk Paintings and Related Objects" on view through Jan. 6. Admission free. The museum is located at 5905 Wilshire Blvd., Los Angeles. (213) 857-6135.

PICASSO SCULPTURE — An exhibition of 33 sculptures, ceramic pieces, and terracotta works by Pablo Picasso, will be on view through Jan. 6 at the Los Angeles County Museum of Art, 5950 Wilshire Blvd., Los Angeles. (213) 857-6111.

ORANGE EMPIRE RAILWAY
MUSEUM — See the museum's
demonstration railway
Saturdays, Sundays and national

holidays from 11 a.m.-5 p.m. Museum located at 2201 S. A St., Perris, 17 miles south of Riverside on the Barstow Freeway. 657-2605.

MODEL RAILROAD — New this year is a 30-foot-long railroad yard that is 16 tracks wide and can easily hold the 355 cars and engines on the Sierra Pacific's roster. The train display is located at 2007 N. Lugo Ave., in San Bernardino. Take the Highland Avenue exit off the Barstow Freeway in San Bernardino, and go east on Highland, 12 blocks to Lugo, then right. Admission \$1. 788-5080.

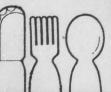
HUNTINGTON LIBRARY — Clair Martin will demonstrate basic rose pruning Sunday, Jan. 6 and Tuesday, Jan. 8 in the Rose Garden at the Botanical Gardens. Also a Camellia Show will be held Saturday, Jan. 12 and Sunday, Jan. 13 from 1-4 p.m. 1.000 camellia blooms will compete for honors in the 12th Anusl Camellia Show. The Huntington Library, Art Collections and Botanical Gardens, located at 1151 Oxford Road, San Marino, is open to the public Tuesday through Sunday from 1-4:30 p.m. Admission to the Huntington is free all days, with advance reservations required on Sundays. (818) 405-2273.

KIMBERLY CREST HOUSE AND GROUNDS — Redlands museum, operated by the Kimberly-Shirk Association, is open from 1-4 p.m. each Thursday and Sunday. Again it will be decorated for Christmas

(Continued on page 9)



ENTERTAINMENT& DINING GUIDE



ENTERTAINMENT

Continued from page 8

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in the tradition established by Mrs. Shirk. On display will be elaborate ornaments, crafted by Mrs. Florence Hord of San Diego which Mrs. Shirk collected for many years. Surrounded by formal gardens and lily ponds the large 1897 chateau style house is filled with period furnishings. The private driveway is an extension of Alvarado Street as it crosses Highland Avenue. A \$1 contribution is requested. From central Redlands, go south on Cajon Street one mile, west on Highland Avenue and as **Alvarado Street crosses** Highland, turn left (south) onto the driveway to Kimberly Crest. 792-2111.

HOLLYWOOD STUNTMEN —
The Hollywood Stuntmen's Hall of Fame and Museum at 48450 Seminole Drive, Cabazon. The large museum building, at the new location, has 150 footprints of famous people. 949-3498 or (805) 947-5893.

SANTA'S VILLAGE -

Amusement park for children with rides, attractions and Santa Claus. Open 10 a.m.-5 p.m. daily. Highway 18 in Lake Arrowhead. Information, 337-2481.

MODEL RAILROAD — The Sierra Pacific Model Railroad Society is having their 10th annual model railroad show on Jan. 4-6, 11-13. The trains operate from 6-10 p.m. Fridays and Saturdays ans 1-6 p.m. on the two Sundays. The 80foot-long exhibit features over 1,600 feet of track going through mountains, tunnels, cities and beautiful northwestern-type scenery. Several trains run continuously during the show. The display is located at 2007 N. Lugo Ave., San Bernardino. Admission \$1. From the northbound Barstow Freeway, turn right onto Highland Avenue, then turn right onto Lugo, just two blocks off Highland. 788-

OAK TREE VILLAGE — Art and craft exhibits, live animal park, museum, trout fishing ponds and candy factory, in Oak Glen. Open 10 a.m.-5 p.m. daily. Take the San Bernardino Freeway east to Yucaipa Boulevard exit, proceed to Oak Glen Road, then eight miles east to Oak Glen. 797-4020.

attractions in seven theme lands. Variety of entertainment throughout the park during the holiday season. Fantasy on

parade staged daily through Jan. 6. Park hours during the holidays: 9 a.m.-midnight through Sunday; 9 a.m.-9 p.m. Jan 3-5; and 9 a.m.-7 p.m. Jan. 6. Park located at 1313 Harbor Blvd., Anaheim. 999-4565 or 626-8605, ext. 4565.

KNOTT'S BERRY FARM - On Monday a "Midnight Spectacular Surprise" and live performances by the Imperials and 2nd Chapter of Acts will be among the highlights of Knott's gala New Year's Eve Jubilation. Holiday ice show "It's The Christmas Beagle, Charlie Brown" presented daily in the Good Time Theater. "Snoopy's Winter Wonderland" provides children with a white Christmas as they sled down a mountain of real snow daily through Jan 6 until 5 p.m. Santa Claus, carolers and special entertainment throughout the park. "The American Legends of Rock 'n' Roll" presented in the Cloud 9 Ballroom four times daily through Jan. 6. Hours are 10 a.m.-11 p.m. Saturday and Sunday. Tickets \$11.95 for adults and \$8.95 for children. Park located at 8039 Beach Blvd., Buena Park, 220-5200.

SIX FLAGS MOVIELAND WAX MUSEUM — On display is an elaborate collection of movie and television memorabilia including life-like replicas of over 200 renowned stars spanning over 70 years of moviemaking history. Hours are 9 a.m., Friday-Saturday until 10 p.m.; Sunday through Thursday until 9 p.m. One price admission: Adults \$7.50. Located at 1711 Beach Blvd., Buena Park. 522-1154.

LONG BEACH HARBOR

CRUISES — Saturday and Sunday departures at noon and 2 p.m. from bow of Queen Mary. Adults, \$6; children (2-11) \$3.75; under 2 free. Cruise glides by Queen Mary and Spruce Goose geodesic dome, through inner port of Long Beach, along the shoreline, and back to the Queen Mary. For more information, (213) 547-0802.

QUEEN MARY AND SPRUCE GOOSE - Tour of largest ocean liner afloat. World's largest airplane. Howard Hughes memorabilia, aviation exhibits. Located in Queen Mary complex, Long Beach Harbor at end of Long Beach Freeway. General season hours: 10 a.m.-6 p.m., box office open until 4 p.m. Tickets for Queen Mary or Spruce Goose: \$7 adults, \$5 children 5-11. Queen Mary-Spruce Goose combination tickets: \$9.50 adults, \$6 children. Information, (213) 435-3511.

MARINELAND — Park hours are 10 a.m.-5 p.m. Killer whale, pilot whale, sea lion and dolphin shows, high diving team, Baja Reef swim-through aquarium. Admission \$9.95 adults and \$6.95 children; under 3 free. Palos Verdes Peninsula. (213) 541-5663.

SAN DIEGO ZOO — 100 acres of animals, sea lion and animal chit-chat shows daily. Open 9 a.m.-4 p.m. daily. Balboa Park in San Diego. Admission \$5.95 adults; \$2.50 children 3-15. (619) 231-1515.

sea world — Open 9 a.m.-6 p.m., 30 educational exhibits and a two-acre Cap'n Kids' World playground. Admission \$11.95 adults and \$8.95 children. Mission Bay, San Diego. Ongoing whale watching program. Free parking. (619) 224-3562.

UNIVERSAL STUDIOS TOUR — Studio tours with live shows. hours: 10 a.m.-3:30 p.m. weekdays, 9:30 a.m.-4 p.m. weekends. Located at 100 Universal City Plaza, Universal City near Hollywood. Admission: senior citizens \$9; adult admission, \$11.50; ages 3 to 11 is \$8.50. Children under 3 free with an adult. (213) 877-1311.

SIX FLAGS MAGIC MOUNTAIN

— The 260-acre family park has more than 100 rides, shows and family attractions. January hours are daily from 10 a.m.-8 p.m.

are daily from 10 a.m.-8 p.m. through Sunday. Open 10 a.m.-6 p.m. Saturdays and Sundays the remainder of January. February hours are 10 a.m.-6 p.m. Saturday

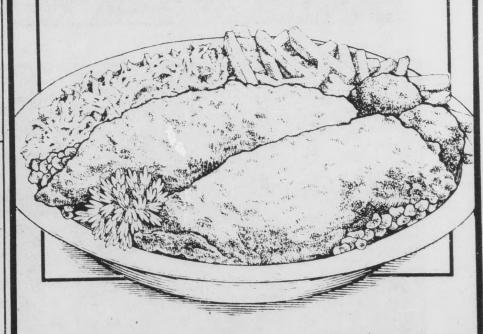
ans Sundays through Feb. 10; 10 a.m.-8 p.m. Saturdays and Sundays the remainder of February and Monday, Feb. 18, for Washington's Birthday. Open tonight 10 a.m.-8 p.m.; Monday, 10 a.m.-8 p.m. Admission \$13.50 and \$6.50. Located at the Magic Mountain Parkway exit off the Golden State Freeway in Valencia. (818) 992-0884.

PALM SPRINGS AERIAL
TRAMWAY — Enjoy winter fun
in the 14,000 acre Mt. San
Jacinto State Park and
Wilderness. Rent cross country
ski gear and take lessons at the
top, or bring your own. Prime rib
Ride 'n' Dine special gets under
way every day at 4 p.m. at just \$4
extra plus regular ride fare. Open
weekdays from 10 a.m.

Weekends from 8 a.m. Last car up at 7:30 p.m. Entrance on Highway 111 north of Palm Springs. (619) 325-1391.



Our delicious Fish & More Dinner has two crispy fish fillets, golden fryes, fresh cole slaw and two crunchy hushpuppies.



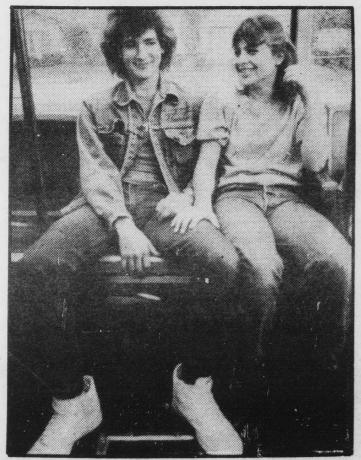
9379 Central Avenue, Montclair & 2075 Garey Avenue North, Pomona

LONG JOHN SILVER'S SEAFOOD SHOPPES



'It beats walk







kimg?

Raymond Davis of Rancho Cucamonga has an extra car — the bus.

"It beats walking," quipped Davis, 23, while riding an Omnitrans bus on the way home from the Montclair Plaza.

For 55 cents, Davis and other residents in Rancho Cucamonga, Upland and almost anywhere else in the county can take an Omnitrans bus to Montclair, Fontana, Yucaipa, San Bernardino or almost anywhere in-between.

Omnitrans routes 60, 66 and 14 serve Rancho Cucamonga and Upland Monday through Saturday and Route 14 connecting the West Valley with the East Valley of the county.

Route 60, the most popular route in the West Valley, runs north from the Indian Hills Mall in Montclair through Upland to Chaffey College in Rancho Cucamonga.

Buses on routes 60 and 14 are also equipped with wheelchair lifts.

Route 66 runs between the Ontario International Airport and Montclair Plaza with a stop at the San Antonio Hospital in Upland.

Buses on Route 62 which serves Upland and Ontario run up and down Euclid Avenue Monday through Friday.

Transfers to different routes cost an additional 10 cents.

"In the West Valley, we're carrying a lot of students, senior citizens, handicapped, and people going to and from the Montclair Plaza and work place," explained Dan Brogan, transit manager of planning for Omnitrans.

Senior citizens and handicapped people also have an extra incentive in riding the bus.

Omnitrans offers them reduced-price bus passes for \$12.

Regular bus passes cost \$24.

Although a high percentage of bus riders are high school and college students, Omnitrans discontinued student bus passes two years ago.

However, that situation may be changing.
The Omnitrans board of directors will conduct
a public hearing on Tuesday at 8:30 a.m. to
discuss the possibility of a new discount card for

Board members will meet in the Memorial Hall at Heritage House, 796 N. "D" St., San Bernardino

If approved, the pay-as-you-ride discount card would enable students and adults to ride the bus at 25 cents a ride.

Most bus routes start each weekday at 6 a.m and run hourly until 7 p.m. Saturday routes basically run hourly from 7 a.m. to 6:30 p.m.

An exception to rule is Route 60, the route that runs north to Chaffey College and south to Indian Hills Mall in Pomona.

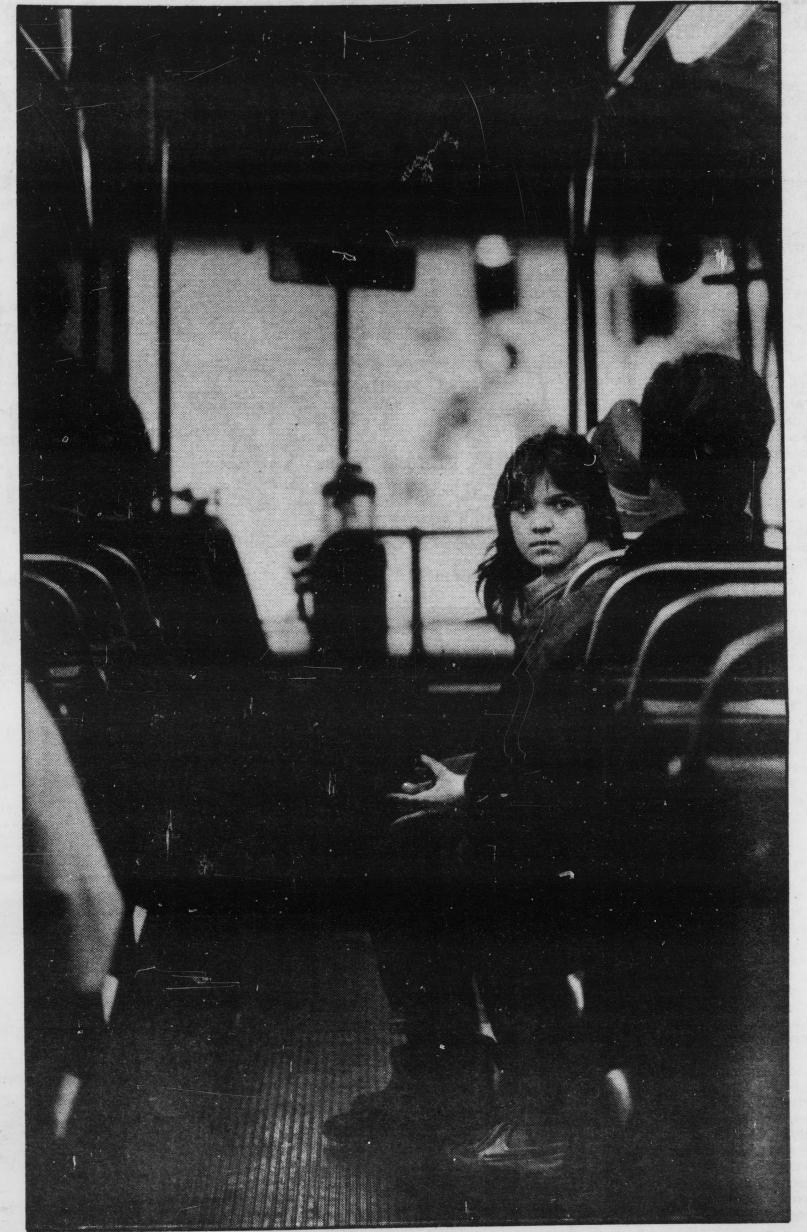
Route 60 runs weekdays every half hour 6:15-10:15 a.m. and 3:15-6:42 p.m. with hourly runs at other operating times in the day and also on Saturday

In addition to bus service, Omnitrans also offers a curb-to-curb Dial-a-Ride program in the West Valley.

Rides within a resident's city limits are \$1.50 for adults and children, and 65 cents for elderly and handicapped people. An additional fee is charged for each city boundary crossed.

Additional information on the Dial-a-Ride program may be obtained by calling 629-3018. For more information on Omnitrans routes

and times, phone 983-2671.



Two girls, (top left), board a bus bound for Yucaipa at the eastbound bus stop outside the San Antonio Community Hospital in Upland. John Eastlick and Sherri Dernick. (bottom far left) said they regularly take the bus to get around. A lot of empty seats can be found during winter vacation

for students on bus Route 60 eastbound leading to Chaffey College in Rancho Cucamonga, (bottom left). The buses on that route often have standing room only. A girl, (above), looks to the back of the bus.

Group helping incest victims

Continued from page 7

come to realize she also was molested by other members of her family. Sometimes, Patrick says, his aunt joined his grandfather in abusing him. And Elaine says she never told her mother about her father's advances because "when Daddy left for the office, then Mama began playing her little games."

Ultimately, the survivors learned not to tell anyone.

"You're programmed not to tell; you're threatened with your life," says Jennifer. And even if a child summons the courage to tell, she adds, she's not likely to be believed.

"When I was 7, I told my Sunday school teacher and she beat me. After that, it was a matter of saving my own ass."

Emily says another reason children of incest don't tell is because they're made to feel it's their fault. Or they've been repeatedly told they should enjoy it.

'My father was the son of a minister and sometimes he'd say I was of Satan and I was making him do it," she recalls. "I felt totally guilty, filthy, dirty and rotten, even lower than the lowest worm. I felt like a sewer.

'At other times, he'd say, 'Doesn't that feel good? Don't

you like it?""

Emily shudders at the thought. It didn't feel good, none of it did, and she didn't like it, none of them did. But today, thanks to ISA, they're coping.

They meet together regularly, the men and women separately once a week and once a week jointly. Their bible is the AA book, which they've adapted to incest. It seems appropriate, since a majority of the survivors came to ISA from other anonymous groups - AA, Narcotics Anonymous, Overeaters Anonymous, etc.

There are professional counselors in the group, but they're there strictly as survivors, not advisers.

"I knew from the healing of my alcohol addiction (through AA) that the answer was not professionals," Emily says. "It was love and support of people who had the same feelings that I had. I knew that if we could get survivors together and start a program with unconditional love, we could get well." Her friends, Patrick, Jennifer and Elaine, at least, are on the road to recovery.

Elaine says she likes herself better today than she ever has

"I carried so much guilt for so many years," she says. "Now I'm finding out why I'm so afraid sometimes, why I've needed the security of home.

"I consider myself coping very well with something that happened to me at someone else's hands at a very early age."



Prices on both pages effective at all Southern California Alpha Beta Markets Thursday, Jan. 3 through Wednesday, Jan. 9, 1985



















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Club starts new year with search

The New Uplanders Club will begin the new year by inviting new residents of Upland to attend two events on consecutive Wednesdays.

First, Phyllis Leslie, fitness and beauty expert, will speak on beauty from the inside out at a Jan. 9 luncheon meeting at Casa Vallarta in Montclair. Then, a New and Prospective Membership Coffee is planned for 11 a.m. Jan. 16 at the home of Judith Schoen, second vice president in charge of membership.

Membership in the New Uplanders Club is open to anyone who has lived in Upland two years or less. Socials and activities are offered throughout the year, and luncheons are held on the second Wednesday of each month. In addition, activity groups including bridge, book club, buncko, crafts, gardening, golf, gourmet, jogging and tennis are offered.

Reservations for the Jan. 9 luncheon should be made by Jan. 6 by calling Peggy Linberg at 981-0452. The luncheon begins with a social hour at 10:45 a.m., followed by lunch at

Anyone interested in attending the membership coffee or wanting more information about the New Uplanders, can call Scheon at 981-5972 by Jan. 11.

By Gary L. Palmer Copley News Service

They don't amount to much if you take them at face value, but the copper coins of America have played a vital role throughout history. Many collectors specialize in these "coins of little value."

Perhaps transposing words would be more apt, for many of the coppers are really "little coins of value." Often great value.

And Q. David Bowers, the prolific author and professional numismatist, has accorded these small denomination coins a special place in numismatics with his new book, "United States Copper Coins, An Action Guide for the Collector and Investor."

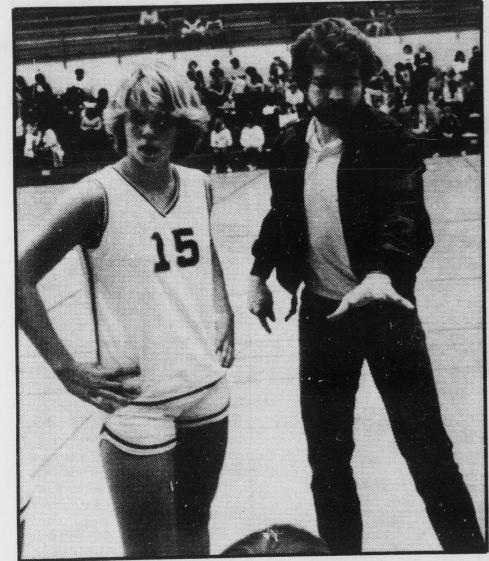
As the title implies, Bowers covers all of America's "coppers," from the early pattern cents of 1792 through the half cents and 2-cent pieces to today's long-lived Lincoln cent, first introduced 75 years ago in 1909.

Bowers covers each denomination by type and

(Continued on page 17)

SPORTS

Looking back at 1984

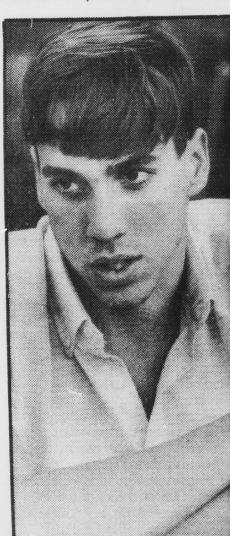


UPLAND CHAMPS — Two Upland High School squads won Baseline League titles. In addition to Steve Rossi guiding the school to a girls' basketball championship, Mike Alonzo's baseball squad also nailed down a title in the spring.



Eric Vilchis

NATIONAL REPUTATION — Laxmi Poruri broke upon the national tennis scene during the year, winning a pair of prestigous crowns. In addition to being a winner on the court, she's also scores high marks in the Pioneer Junior High School classrooms.



Tom Tondee

Two Upland products, Jeff Kostoff (above) and Steve Scott, were part of the U.S. Olympic squads. However, the Los Angeles Games didn't go as planned for either as they failed in their bid to win a medal.



Tom Tondee

INTO THE PLAYOFFS — Behind the outstanding play of sophomore quarterback Greg Fiorindo, Upland High School's football team advanced into the second round of the Eastern Conference playoffs. The Scots finished third in the Baseline League and finished the season with a 8-3-1 overall record.

By R.G. Elmore, D.V.M. Copley News Service

Q. Is antifreeze poisonous to pets? If so, how much would it take to kill a 15-pound dog?

We live near a car repair business. They often discard cans and other junk behind their building. I constantly worry that our dog will wander over there and get poisoned.

A. Poisoning caused by the ingestion of permanent antifreeze mixtures is common in dogs and cats during the fall, winter and spring months when automobile radiators are being drained and antifreeze containers are left open and accessible.

Ethylene or diethylene glycol is the poisoning component of antifreeze used in water-cooled engines. These substances also often are found in brake fluids, hydraulic fluids and rust inhibitors.

Many dogs and cats apparently are attracted by glycol's pleasant, sweet taste and the warming sensation it gives to the tongue. Some animals not fatally poisoned by first encounters with antifreeze actually develop a taste for the compound.

The initial signs seen after antifreeze ingestion usually include trembling or involuntary muscle movements. This usually is followed by vomiting, incoordination, depression, redness of the mouth's membranes, coma and, eventually, death. Blood may be seen in the urine of poisoned animals.

Affected dogs and cats may survive for two to three days

after the initial signs of poisoning appear. An animal surviving the early stages of poisoning may appear to recover and then relapse 24 to 36 hours

Most animals poisoned by antifreeze have severe kidney damage. Insoluble calcium oxalate crystals form in the tubules of the kidneys.

Because of the similarity of signs, arsenic, garbage and strychnine poisoning easily can be confused with ethylene glycol poisoning.

Treatment for antifreeze poisoning should be started as soon as possible after the animal has consumed the antifreeze. This is an emergency situation. In general, dogs will recover from twice the lethal dose if treatment is started within 12 hours following ingestion. Cats usually respond to treatment for three times the lethal dose if therapy begins within eight hours following ingestion.

The lethal dose for a 20-pound dog is approximately one cup; for a 7-pound cat, approximately 1 ounce. Recovery usually takes several days.

Because it is often difficult to make the diagnosis unless the animal was observed drinking the antifreeze, treatment often is not started soon enough to be effective.

The best way to prevent ethylene glycol poisoning of pets is to store antifreeze only in closed containers and to discard used antifreeze carefully.

Of course it is also the responsibility of pet owners to confine their pets to their property.

Q. I have a male Pomeranian

MISSION Family Restaurant

888 W. Mission • Pomona • Phone 629-6412

BREAKFAST SPECIAL

that is 13 years old.

My dad says that in human years my dog is 91. He says that one dog year is equivalent to seven people years. Do you agree with this equation?

I would also like to know how old a dog can be and still be sexually active. If my dad's equation is correct, my Pomeranian is a very spry and active 91-year-old!

A. It is difficult to equate the age of a dog with the age of a human. Many people use the rule-of-thumb that one year in a dog's life is equivalent to seven years in a human's life. This is probably based on the fact that most humans live to about 70 years of age, more or less, and most dogs live to approximately 10 years of age.

Some authorities equate the first year of a dog's life to the first 21 years of a human life. Of course, in these terms these are the periods required to reach adulthood. These authorities add fours years for every dog year lived following the first year. By this method a dog at 10 years of age would be the human equivalent of 57 (21 years plus nine multiplied by four equals 36). By the "seven-year rule," a 10-year-old dog would be the equivalent of 70 years old in human years.

The smaller breeds of dogs, for example - miniature poodles, or Chihuahuas, usually live longer than larger breeds of dogs such as St. Bernards, Great Danes, and Irish wolfhounds. Large breed dogs usually live for eight or nine years. Small breed dogs may reach 18 or 19 years

(Continued on page 17)

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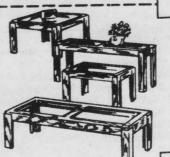
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DINNER SPECIAL

VEAL PARMIGIANA WITH SPAGHETTI

Served with salad and garlic toast.

2 SCRAMBLED EGGS AND

...and served with hashbrowns.

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Our banquet room is available for parties, anniversaries, business meetings and other special occasions. Reserve now. (Prices in this ad good through Thursday, Jan. 10, '85)

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121 W. Foothill Bl At Azusa Ave. 818 334-4949

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127 S. Rosemead Bl 1/2 Block So of Colorado

818 792-3251

FRIDAY

Rancho Cucamonga Weight Watchers can weigh in Friday mornings at 9 a.m. in the Rancho Cucamonga Neighborhood Center, 9791 Arrow Highway.

The Euclid Camera Club meets tonight at 7:30 in First United Church of Ontario at the northeast corner of Euclid Avenue and I Street. Visitors are always welcome. For more information, call 628-

SATURDAY 5

The Fencing Club meets from 9 a.m. to noon in the lounge at Magnolia Recreation Center, 651 W. 15th St., Upland. Call Armando at 788-1774 evenings or 351-6558 daytime for more information.

MONDAY 7

Bridge is played at 1 p.m. at Upland Community Center, 352 E. C St. For more information, call 985-4201.

Professional Contacts Unlimited meets weekly Mondays, 5:30 to 7 p.m. at the Rancho Cucamonga Chamber of Commerce conference room. For more infor mation, call Marie Sears, 946-5821

Rancho Cucamonga's Weight Watchers can weigh in at Lions Park Community Center, 9161 Base Line at 6:30 p.m.

TUESDAY

Christian Businessmen's Committee meets each Tuesday morning for break fast and fellowship at 6:45 at Coco's Restaurant, 60 W. Foothill Blvd., corner of Foothill and Euclid Avenue in Upland.

Toastmasters meet in Rancho Cucamonga at 7 a.m. in Lions Park Community Center, 9161 Base Line Road.

The West San Bernardino County Board of Realtors holds a weekly breakfast meeting from 8 to 9 a.m. at 101 N. Second Ave., Upland. For more information, call 946-2617.

Fun After Fifty Club will hold arts and crafts for seniors at the Community Center, 352 E. C St. at 10 a.m.

Kiwanis Club of Upland holds its weekly luncheon meetings this afternoon at 12:10 at the Arbor Restaurant on Foothill Boulevard near Euclid Avenue in

Friendship Cards are played at the Senior Center, 9791 Arrow Highway, noon to 4 p.m. Seniors can learn to play bridge, pinochle, canasta, poker and other games. There is no fee.

Taking Off Pounds Sensibly, 1769 Cuca monga meets every Tuesday from noon to 2 p.m. at the Rancho Cucamonga library, 9191 Base Line Road.

Rotary Club of Rancho Cucamonga meets every Tuesday for a noon luncheon at the Magic Lamp Inn, 8189 Foothill Blvd., Rancho Cucamonga. Call 985-9761, for more information.

Ontario Soroptimists, a business women's service club meets at the Magic Lamp, 8189 Foothill Blvd, at noon.

Seniors in VIP Bowling League at Landmark Lanes, 1750 W. Holf Ave., in Pomona, begin at 12:45 p.m. For more information, call Matt Hayne, 986-2642 or Fred Reininger at 986-5703.

Upland Chess Club meets from 7 to 11 p.m. in the Community Center, 352 E. C

Odd Fellows, Independent Order of No. 68 holds its weekly meeting at 8 p.m., 233 N. Second Ave, Upland.

West End Kiwanis hold its weekly dinner meeting at Brigham's Family Restaurant, 820 W. Foothill Blvd. this evening at 6:30.

"New Beginnings for Divorcees, Widows, Singles," a support group to help families through tough times meets each Tuesday at 7 p.m. at Light House Cathedral on the corner of Hellman and Base Line Road. For more information, call 987-0233.

Sweet Adelines, Pomona Valley Singing Group meet Tuesday evenings at Pilgrim Congregational Church, 600 N. Garvey Ave., 7:30. Women who enjoy singing and can carry a tune are wel-

For information on Commodore Computer Users Group attend a meeting the second Tuesday or the last Friday of the month from 7 to 9 p.m. at Lions Community Center, 9161 Base Line Road, in Rancho Cucamonga.

The board of trustees of Upland School District meet fonight at Upland Junior High School in the library, 444 E. 11th

WEDNESDAY

Leads Club, a business women's networking group, meets each Wednesday morning, 7:15 to 8:30 at various locations in Rancho Cucamonga. For more information or reservations, call Lynn Craycroft, coordinator, 987-4356.

Every Wednesday, Taking Off Pounds Sensibly meets from 7 to 10 p.m. at the Rancho Cucamonga Neighborhood Center, 9791 Arrow Highway.

Upland Foothill Kiwanis hold a weekly breakfast meeting at 7 at Rueben's Restaurant, 335 S. Mountain Ave., Up-

Overeaters Anonymous meet from 10 to 11:30 a.m. at the Lions Park Community Center, 9161 Base Line Road.

Chaffey Communities Cultural Center is open today, Thursday and Saturday from 1 to 4 p.m. at 525 W. 18th St., Upland. The museum is free.

The Upland/Ontario Optimists meet at noon at Mural House, 1850 E. Holf Blvd.,

Rotary Club of Upland holds their weekly meeting today at 12:15 at the Arbor Restaurant, on Foothill Boulevard near Euclid Avenue in Upland.

Seniors from Fun After Fifty hold their weekly bingo at 2 this afternoon at the Senior Center, 352 E. C St. For more information, call 981-1033

Free movies and programs, geared to senior citizens, are being presented on Wednesdays at 2 p.m. at Upland Library, 450 Euclid Ave. Call Pat Castanemore information on the senior da for films at 981-1033.

Taking Off Pounds Sensibly CA 898 in Upland meets evenings from 6:30 to 8. For more information in Taking Off Pounds Sensibly, or meeting location, call 985-3760.

The Rancho Cucamonga Toughlove Parent Support Group meets at 8 p.m. at the Rancho Cucamonga Neighborhood Center, 9791 Arrow Highway. The program helps parents deal with family stress and provides techniques for firm-yetloving guidance for troubled teens.

Cucamonga District Lions Club meet the second and fourth Wednesday at Hens and Herefords, 8874 Foothill Blvd. in Rancho Cucamonga at 7 p.m.

Rancho Cucamonga's Planning Commission the second and fourth Wednesday of the month at 7 p.m. in Lions Park Community Center, 9161 Base Line

Road, Rancho Cucamonga

Cucamonga School District meets the second and fourth Wednesday of the month at the district office, 8776 Archibald Ave. in Rancho Cucamonga at 7

THURSDAY

Full Gospel Businessmen's Prayer Breakfast is held every Thursday morning at 6:15 a.m. at the Iron Skillet Restaurant, H Street and Euclid Avenue in Ontario.

Soroptimist International of the Foothills hold a morning meeting every Thursday, at 7, at Astara, 800 W. Arrow

Highway in Upland. For more informa tion, call 982-5330.

Pre-school storytime is held every Thursday morning at 10:30 a.m. at the Upland Library, 450 N. Euclid Ave.

Upland Host Lions meet in the Upland Women's Club at 12:15 p.m. every Thursday, 590 Second St.

Al-Anon, family members of alcoholics, meets this evening from 8 to 9:30 at the Church of Jesus Christ of Latter Day Saints, 1111 W. 14th St., Upland, 8 to 9:30

Alcoholics Anonymous meets from 8 to 9:30 at the Neighborhood Center, 9791 Arrow Highway in Rancho Cucamonga.

The Homeowners and Renters Association meets every Thursday from 1 to 5 p.m. in the Neighborhood Center, 9791 Arrow Highway, Rancho Cucamonga. Call 982 5619 or 987 1618 for more infor-

Etiwanda School District board of trustees meets the second Thursday in the board room at district offices, 6925 Etiwanda Ave. at 6 p.m.

Do you have an event or special meeting you'd like to include in the calendar? For consideration for inclusion into the Calendar, mail your typed, doublespaced item to Terri Tirella, 8137 Malachite, Suite C, Rancho Cucamonga,



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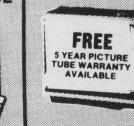
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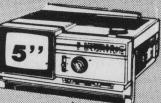
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Continued from page 13

indicates the rarities in each series - including ones he considers "sleepers."

Nostalgic memories of the past come to light in a chapter featuring biographies and price lists of such old-time numismatists as Edward Cogan and Scott Stamp & Coin Co., as well as a page from the Leavitt, Strebeigh auction of the W. Elliot Woodward collection in 1867.

That sale featured probably the finest known 1793 Flowing Hair AMERI chain cent. It sold for the then substantial sum of \$110. Today such a coin in extremely fine condition would be worth in the neighborhood of \$14,000.

There are excerpts from the 1858 work of John C. Hickcox, "An Historical Account of American Coinage," dealing with the early history of the U.S. Mint in Philadelphia; and Dr. Montroville W. Dickeson's "The **American Numismatical** Manual," printed in Philadelphia in 1859; as well as a section of A.M. Smith's 1881 Illustrated History of the U.S. Mint dealing with cents and half cents.

Continued from page 15

Although it is fun to try to equate the life spans of dogs to humans, it is probably irrelevant. Apparently every animal type has a predetermined life span.

Scientists have not been able to explain with logical or medical rationales the relatively short life span of dogs.

The age at which dogs quit being sexually active varies among dogs. As older dogs become less inclined toward physical exercise, they also decrease their sexual activity. However, most dogs remain fertile throughout their lifetimes.

Females tend to come into heat less frequently with increasing age. Although most male dogs remain fertile throughout their lives, the quality of the semen decreases with increasing age. Generally, male or female dogs greater than 7 or 8 years of age should not be allowed to breed.

You can help your dog reach his maximum potential age by caring properly for him throughout his life. This involves feeding him properly and annual physical examinations. Your veterinarian can recommend specific procedures to ensure a long, healthy life for your particular dog.

Questions should be mailed to R.G. Elmore, D.V.M., Points on Pets, Copley News Service, in care of this newspaper. Volume of mail prohibits individual responses. Only questions of general interest will be answered in this column.

Bowers also provides readers with a chapter on counterstamped large cents and the mysteries often surrounding them.

Concluding the chapter on small cents is a section on "penny arcade" devices with many illustrations.

Copies of this fascinating history of the nation's minor coins are available for \$9.95 postpaid from Bowers and

Merena Galleries Inc., Publications Department, Box 1224-NR, Wolfeboro, NH 03894.

The tiny Pyrenees Mountain principality of Andorra has released a new crown coin. With a denomination of 25 diners, the coin is struck in .900 fine silver.

Additional information may be obtained by writing the World Proof Numismatic Association, P.O. Box 4094, Pittsburgh, PA

*What are cashables? They're the riding lawnmower. baby crib. draperies. photo enlargerall those still-good items you've got in storage.

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Upland News

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The Mission Tire & Service Center YEAR END TIRE SALE Snow or mud. Rain or dry. Excellent all-weather traction.

215/75R15 225/75R15

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Lifesaver® GT4 All Season Economy Radial for imports and subcompacts.



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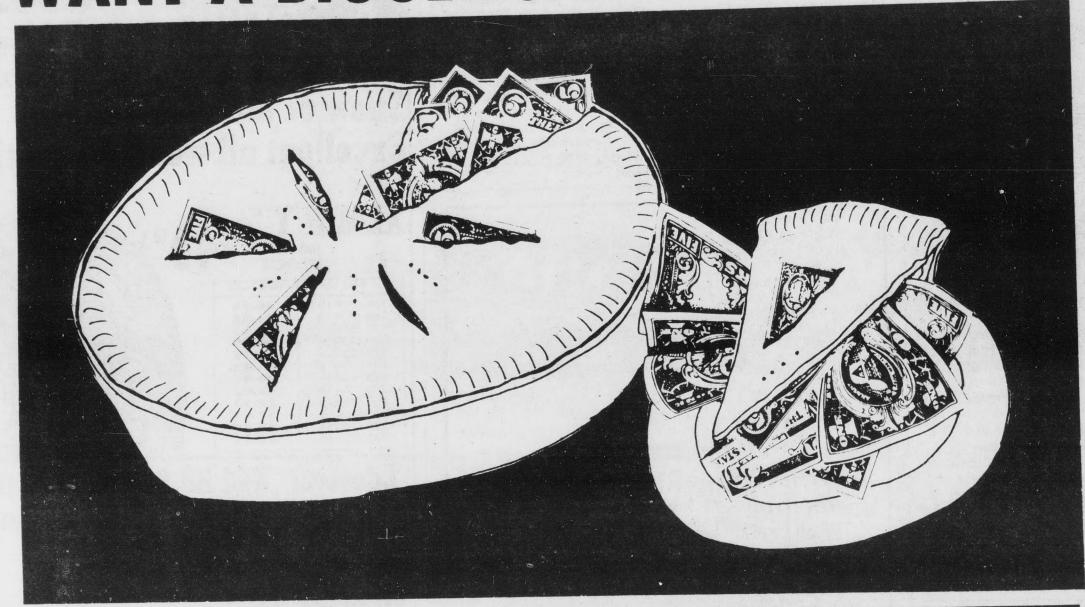
Front Wheel Drive slightly higher.

- Install new front disc brake pads **Resurface Front Rotors**
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Upland News

READ BY MORE UPLAND RESIDENTS THAN ANY OTHER PAPER!

CALL: 983-3511 FOR MARKETING DATA, RATE CARDS, THE WORKS!

Lorri Rackley, an employee at the Humane Society of Pomona Valley, recently completed a course on the causes and prevention of horse abuse at the Horse Abuse Investigations Training School in Durango,

There are a large number of horses in Pomona and surrounding communities and the society from time to time is forced to impound an abused horse. This is the first time an employee has been trained to deal with the issue, said Bill Harford, executive director.

Currently one horse is impounded at the facility on Humane Way and two cases of horse abuse are pending in the courts, Harford said.

Officials at the University of California, Davis, report an increase in horse abuse statewide, due primarily to the acquisition of horses by rsons ill prepared to care for them, Harford noted.

"The number of horse cruelty cases reported in the Pomona Valley hasn't necessarily increased, but we were excited about the opportunity for one of our officers to learn more about this problem so that when it does happen, we'll know how to handle it," said Harford.

The seminar attended by Rackley involved "hands on" training in horse care, feeding, training and riding. She learned the common causes and reasons for abuse by backyard horse owners, professional horse trainers, commercial horse users, ranchers and farmers.

Rackley also learned how to recognize normal physical problems common to most

"Most abuse is caused by ignorance on the part of the owner as to the proper care and feeding of the horses," Rackley reported. "Horses require special care and they're also a lot more expensive to care for than smaller animals," she said.

"In a horse abuse investigation," Rackley said, "it is important to know what problems are normal and what problems are caused by improper care of the horse.

'Some physical abnormalities may make the horse look like its been abused, when it really hasn't," Rackley explained.

In abuse cases, owners are given a specified time to improve conditions. Those who refuse may be prosecuted and fined and the horse impounded.

In most cases, horses are impounded on the owner's property, where humane officers visit daily to provide food and care. In severe abuse cases where the horse is in danger on the owner's property, it is placed in the Humane Society's horse trailer, the officer explained.

Most horses brought to the facility are not victims of abuse, but rather are found wandering alone in city streets. Once a saddled, riderless horse was picked up on a street in Claremont, Rackley recalled.

Rackley plans to share her newly acquired knowledge and insights gained at the seminar with other humane officers.

The horse abuse seminar was held at Colorado Trails Ranch, a 500-acre ranch in the San Juan National Forest. It was the first ever conducted by the national association.

Ontario temple holds a special evening service for students

Temple Sholom of Ontario held a special student service consecrating those students who began their studies in the Hebrew school this year.

This Consecration Service was held during an evening service. Each student of the beginners class was presented with a minature Torah as a remembrance of their consecration to the study of the Torah and religion.

The second grade class joined with the first grade class and participated in the evening

The consecratees and student participants were: Pamela Bloomstone, daughter of Mr. and Mrs. Michael Bloomstone; Robert D. Flamenbaum, son of Mr. and Mrs. Myron A. Flamenbaum; Rebecca Grabiner, daughter of Mr. and Mrs. Sandy Grabiner; David B. Lindman, son of Mr. and Mrs. Michael

Lindman; Shawn Mackoff, son of Mr. and Mrs. Dennis Mackoff; and Desiree Marzwell, daughter of Mr. and Mrs. Neville Marzwell.

The Consecration Service is an inspirational milestone in the observance of the Jewish faith.

Mrs. Michael Kane, school director made the presentation of the class. Rabbi Hershel Brooks sermonized and Cantor Mark Rosen chanted the services.

Public Notice

NOTICE OF TRUSTEE'S SALE
Loan No. PATTERSON
T.S. No. L-26864
UNIT CODEL
T.D. SERVICE COMPANY as
duly appointed Trustee under
the following described deed of
trust WILL SELL AT PUBLIC
AUCTION TO THE HIGHEST
BIDDER FOR CASH AND/OR
THE CASHIERS OR CERTI
FIED CHECKS SPECIFIED IN.
CIVIL CODE SECTION 2924h
(payable at time of sale in
lawful money of the United
States) all right, title and inter
est conveyed to and now held by
it under said Deed of Trust in
the property hereinafter de
scribed: scribed:

Public Notice Cont.

JAMES EDWARD PATTERSON
JUANITA WOODS
PATTERSON
BENEFICIARY: MISSION
VIEJO HOME LOANS, INC.
recorded May 28, 1982 as Instr.
No. 82 105925 of Official Records
in the office of the Recorder of
San Bernardino County; said
deed of trust describes the following property:

lowing property: Lot 14, Tract 9792 in the City of Upland as per plat

Lot 14, Tract 9792 in the City of Upland as per plat recorded in Book 138 of Maps, page 69 and 70, records of said County. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5 22 82. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

1428 Winston Ct., Upland, CA

(If a street address or com "(It a street address or common designation of property is shown above, no warranty is given as to its completeness or correctness)." The beneficiary under said Deed of Trust, by reason of a breach or default in the obligations secured thereby the obligations secured thereby, heretolore executed and deliv ered to the undersigned a writ ten Declaration of Default and Demand for Sale, and written notice of breach and of election to cause the undersigned to sell to cause the undersigned to sell said property to satisfy said obligations, and thereafter the undersigned caused said notice of breach and of election to be recorded August 7, 1984 as Instr. No. 84 186386 of Official Records in the office of the Recorder of San Reparation County.

in the office of the Recorder of San Bernardino County;
Said Sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest as in said note provided, advances, if any, under the terms of said Deed of Trust, tees, charges and expen Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of

Said sale will be held on: Monday, January 14, 1985, at 2:30 p.m. at the main entrance to the County Courthouse, 351 N. Arrowhead, San Bernardino,

CA.
At the time of the initial publication of this notice, the total amount of the unpaid balance of the obligation secured by the above described deed of trust and estimated costs, ex-penses, and advances is \$14,391.67.

S14,391.67.
The total indebtedness being an estimate on which the opening bid is computed may be obtained by calling (714) 385 4837 or (213) 627-4865 the day before the sale.

Date: December 10, 1984. T.D. SERVICE COMPANY as said Trustee
By:/s/SUE PITCHARD
Assistant Secretary
601 South Lewis St. Orange, CA 92668 (714) 385 4700 Publish: December 20, 27, 1984; January 3, 1985

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

To Whom It May Concern:
FLAKEY JAKE'S INC. is applying to the Department of Alcoholic Beverage Control for ON SALE BEER & WINE
EATING PLACE
to sell alcoholic beverages at to sell alcoholic beverages at S/E Corner of Foothill & Mountain Upland (IN) 91786

Publish: January 3, 1985 Upland News

(DC20101) NOTICE OF TRUSTEE'S SALE T.S. No. 1962 LOAN #822-10003

TOAN #822-10003
NOTICE
YOU ARE IN DEFAULT UN
DER A DEED OF TRUST,
DATED JUNE 29, 1983 UNLESS
YOU TAKE ACTION TO PRO
TECT YOUR PROPERTY, IT
MAY BE SOLD AT A PUBLIC
SALE. IF YOU NEED AN EX
PLANATION OF THE NA
TURE OF THE PROCEEDING
AGAINST YOU, YOU SHOULD
CONTACT A LAWYER.
ON JANUARY 24th, 1985, at
11:30 A.M. THE EQUITY
HOLDING CORPORATION as
duly appointed Trustee under
and pursuant to Deed of Trust
recorded July 13, 1983, as inst.
No. 83 155484, of Official
Records in the office of the
County Recorder of San Bernar
dino County, State of California.

County Recorder of Sala Bernaldino County, State of California.
Executed by HAROLD STARR
AND MARY ANN STARR,
HUSBAND AND WIFE AS
JOINT TENANTS, WILL SELL
AT PUBLIC AUCTION TO
HIGHEST BIDDER FOR CASH
(COUNTY) (payable at time of sale in lawful money of the United States) at the main entrance to the County Courthouse, 351

Public Notice Cont.

North Arrowhead Avenue, San Bernardino, California, all right, fifle and interest con veyed to and now held by it under said Deed of Trust in the

veyed to and now need by II under said Deed of Trust in the property situated in said County' and State described as:

Lot 16, Tract No. 6164, in the County of San Bernardino, State of California, as per plat recorded in Book 81 of Maps, Pages 44 and 45 records of said County.

The streef address and other common designation, if any, of the real property described above is purported to be: 1605 North Palm, UPLAND, CA.

The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein.

Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if

with interest thereon, as provid ed in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.

The total amount of the un paid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publica tion of the Notice of Sale is

\$70,947.18. \$70,947.18.

The beneficiary under said Deed of Trust heretofore executed and delivered to the under signed a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located.

Date: December 17, 1984.
THE EQUITY
HOLDING
CORPORATION as Trustee By: NATIONAL FORECLOSURE SERVICE, INC. as Agent 2100 Sawtelle Boulevard Suite 306 West Los Angeles, California 90025 (213) 477 5540 By:/s/WANDA MCNEAL Assistant Vice President

Authorized Signature Publish: January 3, 10, 17, 1985 Upland News

FICTITIOUS BUSINESS NAME STATEMENT

business as:
VICTOR VALLEY TACH &
SPEEDO at 14182 Deer Trail
Dr., Victorville, CA 92392
Donald Richard Green, 14182
Deer Trail Dr., Victorville, CA

This business is conducted by an individual.
/s/DONALD RICHARD

GREEN

GREEN
This statement was filed with the County Clerk of San Bernardino County on Dec. 7, 1984.
File No. FBN 66702
EXPIRES Dec. 31, 1989
Publish: December 27, 1984;
January 3, 10, 17, 1985 (DC19739)

AMENDED NOTICE OF DEATH OF EDWARD C. OATHOUT AND OF PETITION TO ADMINISTER ESTATE **CASE NO. PW-4782**

To all heirs, benefi-ciaries, creditors, continwho may be otherwise in-terested in the will or estate of EDWARD C.

A petition has been filed by ROBERT C. OATHOUT and BARBARA A. RYAN in the Superior Court of San Bernardino County request ing that ROBERT C. OATHOUT and BARBARA A. RYAN be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independ ent Administration of Estates Act.

A hearing on the petition will be held on: January 18, 1985 at 8:30 A.M., in Dept. 05, located at 1540 North Mountain Avenue, Ontario, California 91762.

IF YOU OBJECT to the granting of the petition, you should either appear at the hearing and state your ob-jections or file written ob

Public Notice Cont.

jections with the court before the hearing. Your appearance may be in person or by your attorney

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court or present it to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in sec-tion 700 of the California Probate Code. The time for filing claims will not expire prior to four months from the date of the hearing

noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may serve upon the executor or administrator, or upon the attorney for the executor or administrator, and file with the court with proof of service, a written request stating that you desire spe cial notice of the filing of an inventory and appraise ment of estate assets or of the petitions or accounts mentioned in sections 1200 and 1200.5 of the California

Probate Code.
Attorney for petitioner:
DAVID, ZIMMERMAN & ZEILENGA, 227 E. Branch Street, P.O. Drawer A, Arroyo Grande, CA 93420.

By:/s/ROBERT ZEILENGA Attorney for petitioner Publish: December 27, 1984; January 3, 10, 1985 Upland News (DC19743) (DC19743)

NOTICE OF TRUSTEE'S SALE
TRUSTEE SALE NO.
84-16226-E
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 04-03-80. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE.
IF YOU NEED AN EXPLANATION OF THE NATURE OF TION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT

A LAWYER.
On 01 17.85 at 11:30 A.M.
COMWE, INC. as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on 04.08.80 as Document no. 80-085475 Of Official Records in the office of the Recorder of SAN office of the Recorder of SAN BERNARDINO County, California, executed by: WILLIAM JACK TOWNSEND, A SINGLE MAN, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH, (payable at time of sale in lawful money of the United States) AT THE MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 351 NORTH ARROWHEAD AVENUE, SAN BERNARDINO, CA. NUE, SAN BERNARDINO, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein.

and therein:
LOT 26, TRACT NO. 6525,
AS PER PLAT RECORDED
IN BOOK 82 OF MAPS,
PAGE(S) 43 AND 44, RECORDS OF SAID COUN

The street address and other common designation, if any, of the real property described above is purported to be: 314 AUSTIN WAY, UPLAND, CA

91786.
The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein.

Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbi ances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to wit: \$81,500.69.

The hepeficiary under said

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The under and Election to Sell. The under-signed caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. Trustee is: Comwe, Inc. Ad-dress and telephone number of person conducting sale is: 7101 Baird Avenue, Reseda, Califor-nia 91335. (818) 342 3408.

Date: 11 29 84. Publish: December 20, 27, 1984; January 3, 1985 (DC19219)



SMALL TOMATOES 33¢ lb.

PIPPIN APPLES

3 lbs. for

D'ANJOU PEARS
49 ¢
1b.

ROMAINE LETTUCE 29¢

GREEN
BELL
PEPPERS
49 ¢

SPANISH ONIONS
19¢
1b.

RUSSET #1
BAKING
POTATOES
29 ¢
16.

BANANAS
23¢
1b.

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ALASKAN HALIBUT STEAK 498 BARM HAM 298 Extra Lean
GROUND BEEF
3 \$ 129
1b. package 1 lb

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9 am - 7 pm

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WUPLAND